

Living Well Tip of the Week



Social support is one of the best predictors of success for a quitter.

Help a smoker trying to quit:

- ✓ Note that lectures or nagging don't motivate lasting commitment
- ✓ Show support when slip-ups happen
- ✓ Ask how you can help, but don't offer advice
- ✓ Don't take grumpiness personally
- ✓ Spend time with quitter to help get past cravings
- ✓ If YOU smoke keep your cigarettes and matches out of sight!



NEW! UT Tobacco Cessation Benefit.

This new program provides up to eight weeks of free nicotine replacement therapy (NRT), such as the patch, gum, or lozenges in conjunction with free telephonic Quitline counseling to State employees, including UT System employees, retirees, and dependents. Click the link below to learn more about this program and other institution-specific initiatives. <http://www.livingwell.utsystem.edu/tobacco.htm>